AL-HEDAYAH

1998 No.8

Synopsis of the method and benefits of performing the Nafil Salaat of Tahiyyatul Wudhu, lshraaq, Chaast, Awwabeen, Taubah and Salatut Saffar

SAFEGUARD YOUR NAWAAFIL

*"He who becomes neglectful about the Aadab (Nawaafil) is deprived of the Sunnats: and he who becomes neglectful of the Sunnats is deprived of the Faraaid (obligatory acts) and he who becomes neglectful of the Faraaid is deprived of the aakiraah". **(Taleemul Muta-Alim).***

*"As long as the servant of Allaah sqfeguard the Adaab (Nawaafil) satan does not attempt to assualt him (mis-lead him). However, when he neglects the Nawaafil Salaah satan makes advances into the Sunnats (misleads the servants from the Sunnats). "Thereafter follows satan's assault on the Faraaid (obligatory duties). This is followed by satan's assault on Ikhlaas (sincerity) and finally on yakeen (faith. Hence, it is necessary for a person to protect the Nawaafil of all his affairs and actions e.g. The Aadaab of wudhu, salaat, buying, selling and the Aadaab (Nawaafil) of all the practices of Shari'ah" **(Bustaanul Aarifeen).***

TAHIYYATUL WUDHU	**Time of Performance:** After Wudhu **Number of Rakaats:** 2 Rakaats_ **Benefits:** "He who observed 2 rakaats with full devotion after performing wudhu well, becomes entitled to enter Jannat". (*Muslim)*
ISHRAAQ	**Time of Performance:** lshraaq salaat is performed about 15 minutes after sunrise. After the Fajr salaat one should sit at the same place and recite Durud, zikr, tasbih, Quran or listen to deeni talk then perform Ishraaq salaat. One can also perform the salaat even after one has indulged in wordly affairs although the thawaab will be less. **Number of Rakaats:** 2 or 4 Rakaats **Benefits:** Rasulullah (S.A.W.) said "He who performs Ishraaq salaat will obtain the thawaab of one Hajj and one Umrah" **(*Tirmidhi)*** Has all his sins forgiven, and if he dies the same day, he will be directly admitted to jannat. ***(Tirmidhi)*** Allaah says, I shall help you in accomplishing all your jobs during the rest of the day **(Tirmidhi, Abu Dawood)**
SALAATU DHUHAA (CHAAST)	**Time of Performance:** It commences after some part of the day has passed (+10a.m) and performance remains until zawwaal. **Number of Rakats:** Consist of upto 12 rakaats: one may perform 2:4:6:8:10: or 12 rakaats. **Benefits:** One who perform 2 rakaats of chaast salaat cannot be counted among the indolent and one performing 4 rakaats is among the devotees and one performing 6 rakaats is immune from all the worries for the whole day and one performing 8 raakats is recorded among the pious and one performing 12 raakats has his house built in Jannah. One who performs 12 rakaats. Allah will build for him a castle of gold in Jannat. **(Ibn Majah, Tirmidhi)**
AWWABEEN SALAAT	**Time of Performance:** This salaat is performed after Maghrib salaat. **Number of Rakaats:** The minimum number of rakaats is 6 and the maximum is 20 rakaats. Can be performed in 2 or 4 rakaat units although 2 rakaat units are preferred. Some Ulema are of the opinion that the 2 rakaat Sunnat-e-Muakidda and 2 rakaat of Nafl can become part of the 6 rakaat of awwabeen salaat. **Benefits:** Whosoever offers 6 rakaats after Maghrib will have all his sins forgiven even if they are as much as the foam on the occan. **(Tibrani)**
SALAAT TAUBAH	**Time of Performance:** When the need arises, provided it is not. Performed during one of the prohibited times. **Number of Rakaats:** 2 rakaats. **Benefits:** 'Whoever Commits a sin, and then gets up, and performed wudhu, and offers salaat, and seeks the forgiveness of Allaah, Allaah forgives him.' **(Tirmidhi)**
SAFFAR SALAAT	**Time of performance:** At home before setting out on a journey. **Number of Rakaats:** 2 rakaats. **Benefits:** Rasulullaah (S.A.W.) said: "A man has not left anything better at home (when he departs on journey) than these 2 rakaats which are performed at the time of a journey," **(Tirmidhi)**

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Synopsis of the method and benefits of performing the Nafil Salaat of Tasbeeh, Tahajjud, and Taiyyatul Masjid

TAHAJJUD SALAAT	**Time of Performance:** It can be performed after Esha either in the early part of the night or in the later part of the night. The time ends when sehri time ends. The best time is the later part of the night. **Number of rakaats:** Minimum- 2 rakaats. Maximum- 12 rakaats. It is performed in 2 or 4 rakaats units. **Benefits:** "Your Rabb will raise you to the best and highest place in Jannat". ***(17:79)*** "Lo! those who keep away from evil will dwell amid gradens and water springs. They used to sleep but little of the night and at the dawning of each day would seek forgiveness". "The most excellent salaat after the obligatory salaat is the one in the depth of the night." ***(Ahmed)*** 'To ward off the horrors of the grave". ***(Ibn Maja)*** "There is one moment in every night when Allaah grants whatever is prayed for". ***(Muslim)*** "Are equal to 4 rakaats of Lail-Latul Qadar (the night of Taqdeer)". ***(Tibrani)*** "Leads you to be near your Rabb and keeps you away from sins". ***(Tirmidhi)***
SALAATUL TASBEEH	**Time of Performance:** Any permitted time. **Number of rakaats:** 4 rakaats. **Method of Performance: First rakaat:** After reciting Surah Faatihah and a Surah, remain standing and recite the Tasbeeh 15 times. Make ruku. After the normal ruku' tasbeeh (i.e. Subhaana-Rabbiyal-Azeem 3 times) recite the below Tasbeeh 10 times. After ruku, recite the Tasbeeh 10 times in qaumah (i.e. the standing position after ruku')_ In Sadjah recite the Tasbeeh 10 times after the normal sadjah tasbeeh (i.e. Subhaana-Rabbiyal-a'ala 3 times). In jalsa (i.e. the sitting position between two sadjah) recite the Tasbeeh 10 times. In the second sadjah recite the Tasbeeh 10 time after the normal sadjah tasbeeh. After the second sadjah do not stand up immediately. Sit and recite the Tasbeeh 10 times. Thereafter commence the second rakaat. The Tasbeeh is recited 75 times in one rakaat as outlined above. The same procedure will be followed in every rakaat. The total Tasbeehs recited will thus be 300. **THE SECOND METHOD** In this method also 300 Tasbeeh are recited. The only difference is that the Tasbeeh will be Recited 15 times after Thaana but before Surah Faatiha and 10 times after having recited a Surah instead of reciting it after the second sadjah of every rakaat. **Benefits:** Allaah will forgive you all your sins, of the past as well as the future, old as well new, intentional as well as unintentional, major as well as minor. hidden as well as manifest. (My uncle), if you can manage it, say this Namaaz every day, if not then every Friday. and if even this is not possible, then once in a year, and if this, too, cannot be done then once in your life. : ***(Abu Dawood, Ibn Maja, Baihaqi)*** **(SUBHAANALLAAHE WALHAMDULILLAAHE WALAA ILAAHA ILLALLAAHO WALLAAHO AKBAR)** The following table will assist you in grasping the way in which Tasbeeh has to be recited. **FIRST METHOD** After Qiraa'at (but before ruku')- 15 times, In ruku-10 times, In Quamah After Ruku')-10 times, In first sadjah 10 times, In jalsah-10 times. In second Sadjah-10 times, After second Sadjah (while sitting)- 10 times, **Total-75** **SECOND METHOD** After Thana, but before Surah Fatiha- 15 times, After Qiraa'at- 10 times, In ruku - 10 times, In Qaumah -10 times, In first Sadjah -10 times, In Jalsah - 10 times, In second Sadjah - 10 times, (After second Sadjah) -Nil,
TAIYYATUL MASJID	This salaat is performed to honour Allaah Ta'aala upon entering the Masjid. 2 rakaats are performed upon entering the Masjid and before sitting down. Rasulullaah (S.A.W.) said: "when anyone of you enters the Masjid, he should not sit until he has offered 2 rakaats (of Nafl salaat)" *(Bukhari, Muslim)*

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